Abstract of the Disclosure

According to the present invention there is provided a head positioning suspension for a modern disc drive. The suspension has a base, a load beam, and a bend section. The load beam extends in a first plane and has a longitudinal axis extending between its first and second ends. The load beam also has a transverse axis extending perpendicular to the longitudinal axis that is also within the first plane. The bend section connects the base to one end of the load beam and includes a longitudinal axis and transverse axis parallel to each of the respective longitudinal and transverse axis of the load beam. The bend section includes a plate with a given width extending substantially within the first plane and a rail that extends across a portion of that width in a direction that is parallel to the transverse axis of the bend section. The bend section rail further extends in a direction out of the first plane.